

Core Value

Identify and write down one value you feel confident in this moment is a core value for you to be in integrity.

Congratulations!

You have completed this Values Reflection Workbook! Ethics and Integration of course is never a one and done event, so you are invited to return to this workbook again and again to gain greater perspective and value from your personal Value Reflection work.

Value & Virtues Inspiration list

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|---------------------|--------------------|---------------------------------|--------------------|
| 1. Honesty | 26. Objectivity | 51. Authenticity | 76. Spirituality |
| 2. Integrity | 27. Impartiality | 52. Balance | 77. Temperance |
| 3. Fairness | 28. Reliability | 53. Dependability | 78. Thoughtfulness |
| 4. Respect | 29. Sincerity | 54. Discernment | 79. Tolerance |
| 5. Responsibility | 30. Modesty | 55. Empowerment | 80. Understanding |
| 6. Compassion | 31. Prudence | 56. Environmental consciousness | 81. Unity |
| 7. Empathy | 32. Wisdom | 57. Graciousness | 82. Vision |
| 8. Trustworthiness | 33. Rationality | 58. Harmony | 83. Vitality |
| 9. Loyalty | 34. Flexibility | 59. Humor | 84. Willpower |
| 10. Accountability | 35. Consistency | 60. Inclusivity | 85. Zeal |
| 11. Transparency | 36. Equality | 61. Inspiration | 86. Adaptability |
| 12. Justice | 37. Honor | 62. Justice | 87. Appreciation |
| 13. Kindness | 38. Virtue | 63. Leadership | 88. Authenticity |
| 14. Patience | 39. Decency | 64. Love | 89. Balance |
| 15. Forgiveness | 40. Morality | 65. Mindfulness | 90. Clarity |
| 16. Gratitude | 41. Goodness | 66. Objectivity | 91. Commitment |
| 17. Humility | 42. Altruism | 67. Openness | 92. Cooperation |
| 18. Generosity | 43. Empowerment | 68. Optimism | 93. Dedication |
| 19. Tolerance | 44. Harmony | 69. Peacefulness | 94. Flexibility |
| 20. Courage | 45. Cooperation | 70. Reliability | 95. Growth |
| 21. Diligence | 46. Teamwork | 71. Resilience | 96. Harmony |
| 22. Perseverance | 47. Excellence | 72. Self-awareness | 97. Innovation |
| 23. Self-discipline | 48. Creativity | 73. Self-improvement | 98. Optimism |
| 24. Selflessness | 49. Innovation | 74. Service | 99. Resilience |
| 25. Open-mindedness | 50. Accountability | 75. Simplicity | 100. Wisdom |



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ETHICS Of INTEGRATION Workbook

An Introduction to *Values Reflection Practice*

